## Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

## **Listing of Claims:**

Claims 1-20 (Canceled).

- 21. (New): A method, comprising: forming an incision in tissue with a device; and expressing body fluid from the incision by heating a region of the incision with the device.
- 22. (New): The method of claim 21, wherein said expressing includes applying a force to depress the tissue surrounding the incision with the device.
- 23. (New): The method of claim 22, wherein said expressing includes applying the force in a direction inclined generally toward the incision.
- 24. '(New): The method of claim 22, wherein said expressing includes applying the force progressively closer to the incision.
- 25. (New): The method of claim 21, wherein said expressing includes applying ultrasonic frequency to the region of the incision.
- 26. (New): The method of claim 21, wherein said forming the incision includes creating the incision at a location other than a fingertip.
- 27. (New): The method of claim 21, wherein said forming the incision includes lancing the tissue.

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- 28. (New): The method of claim 21, further comprising:
  step for forming the incision in the tissue, wherein said step for forming the incision includes said forming the incision in the tissue with the device; and step for expressing the body fluid, wherein said step for expressing the body fluid includes said expressing the body fluid from the incision.
- 29. (New): A method, comprising: forming an incision in tissue with a device; and expressing body fluid from the incision by applying ultrasound to a region of the incision with the device.
- 30. (New): The method of claim 29, wherein said expressing includes applying a force to depress the tissue surrounding the incision with the device.
- 31. (New): The method of claim 30, wherein said expressing includes applying the force progressively closer to the incision.
- 32. (New): The method of claim 29, further comprising:
  step for forming the incision in the tissue, wherein said step for forming the incision includes said forming the incision in the tissue with the device; and step for expressing the body fluid, wherein said step for expressing the body fluid includes said expressing the body fluid from the incision.
- 33. (New): A method, comprising:
  forming an incision in tissue with a device; and
  expressing body fluid from the incision by depressing the tissue surrounding
  the incision progressively closer to the incision with the device.

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## .34. (New): The method of claim 33, wherein:

the device includes an outer stimulator ring surrounding an inner stimulator ring; and

said expressing includes

pressing the outer stimulator ring against the tissue, and pressing the inner stimulator ring against the tissue after said pressing the outer stimulator ring against the tissue.

- 35. (New): The method of claim 33, wherein: the device includes a helical spring; and said expressing includes pressing the helical spring against the tissue.
- 36. (New): The method of claim 33, further comprising:
  step for forming the incision in the tissue, wherein said step for forming the
  incision includes said forming the incision in the tissue with the device; and
  step for expressing the body fluid, wherein said step for expressing the body
  fluid includes said expressing the body fluid from the incision.

## 37. (New): A sampling device, comprising:

a constricting member configured to pinch tissue to form a puckered area of the tissue;

a stimulating member positioned to contact the puckered area of the tissue; a skin-lancing medium to form an incision in the puckered area of the tissue; and

wherein the stimulating member is configured to spread the incision open and the constricting member is configured to constrict fluid flow from the puckered area to enhance expression of the body fluid from the incision.

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- 38. (New): The device of claim 37, wherein the constricting member is constructed of a pliable material that flexes to pinch the tissue.
- 39. (New): The device of claim 37, wherein the constricting member includes:

a plurality of pivot arms; and

- a plurality of biasing members each coupled to a corresponding one of the pivot arms to pivot the pivot arms for pinching the tissue.
- 40. (New): The device of claim 37, wherein the stimulator member includes circumferentially spaced interruptions.
- 41. (New): The device of claim 37, wherein the stimulator member includes a flexible membrane.
- 42. (New): The device of claim 37, wherein the stimulator members include first and second stimulator members that are interconnected to move axially in mutually opposite directions.
- 43. (New): The device of claim 37, further including a second stimulator member chosen from the group consisting of, a heating mechanism for heating the stimulating member or constricting member, and a vibrator mechanism for vibrating the stimulating member or constricting member.

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means for pinching the tissue, wherein the means for pinching the tissue includes the constricting member;

means for spreading the incision open, wherein the means for spreading the incision open includes the stimulating member; and

means for forming the incision, wherein the means for forming the incision includes the skin-lancing medium

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